

CHINA TIBET TOUR

8th to 21st April 2012

A trip through China with Grandmaster Khor is an eye opening experience.

The tour itinerary is personally selected by Grandmaster Khor, visiting only the most worthwhile sights with particular focus on history and culture relevant and meaningful to you.

With in-depth sightseeing, sumptuous Chinese health cuisine, exquisite shopping. It will be a truly cultural experience. One you will never forget!

Best of all, you get to practise Tai Chi and Qigong with Grandmaster Khor.



Traveling with the Academy is a fun filled adventure. You are never lonely or neglected. **You are with friends!**

It is like traveling with an extended family. **There is always someone to share your delights and excitements.**

And with Grandmaster Khor leading the tour, you can truly relax, knowing that **you are always in safe hands in China.**

Friends and spouses are also welcome. Tai Chi is optional. Join in only if you wish. **No previous experience necessary.**

TOUR HIGHLIGHTS



Tibet



Xian



Practise Tai Chi on the Great Wall with Grandmaster Khor

- TIBET - Dalia Lama Palace, Monastery, Street Market
- GREAT WALL - Tai Chi & Picnic on the Great Wall
- BEIJING - Great Emperor's Forbidden Palace
Acrobatic Show, Peking Duck Banquet
- XIAN - Terracotta Warriors, Tang Dynasty Show
Tang Emperors Lake Garden paradise
- Mt. WUDANG - Training with Taoist Monk

Plus Peking Duck Banquet
Plus Live Kung Fu Show !!!
Plus Great Tang Dynasty Show!!!
Optional Wudang Show

All travel, visa, hotels, meals, sightseeing included \$ 4999
Prices may change due to currency fluctuation or fuel increase

Enquiries : (02) 9797 9355 Book now by sending your deposit of \$500 to :-
Australian Academy of Tai Chi, P.O. Box 1020, Burwood North, NSW 2134
Email : aatc@optusnet.com.au Website : www.livingchi.com.au

AATC China Tour 8th — 21st April 2012

Day 1: 08 Apr Sydney → Guangzhou → Xiangfan
Fly China Southern Airlines flight CZ326 1050/1700 from Sydney to Guangzhou, then connect with flight CZ3361 1905/2055 onto Xiangfan. Transfer by coach to **Wudang Mountain**. Stay at Jianguo Hotel (5*stars)

Day 2: 09 Apr Wudang Mountain Meal: B/L/D
Cable car up Wudang Mountain, spiritual home of Tai Chi and Taoist nature sanctuary. We explore the beautiful mountainscape and visit ancient Taoist temples and sacred sites. Overnight on mountain top Tianlu Hotel (3*).

Day 3: 10 Apr Wudang Mountain Meal: B/L/D
Morning Tai Chi lesson with Taoist Master. Visit Tranquillity pond and mountain garden spring where *Jackie Chan's Karate Kid* movie was filmed. Cable car down mountain stay at Jianguo Hotel (5*)
(Evening Option: Wudang Tai Chi martial art performance).

Day 4: 11 Apr Wudang → Wuhan → Xian Meal: B/L/D
Scenic coach ride to Wuhan Airport for flight CZ6940 1605/1725 to Xian. Shibashi Qigong practice with Grandmaster Khor enroute. Stay at Xian's Grand Metropark Hotel (5*) for 3 nights.

Day 5: 12 Apr Xian Meal: B/L/D
Sightseeing city highlights of Xian, the great cultural capital city during the magnificent Tang Dynasty. Visit Feng Shui mausoleum of **Empress Wu**, the first empress of China, the **Wild Goose Pagoda** of monk *Tripataka* (Monkey King).

Day 6: 13 Apr Xian Meal: B/L/SD
See incredible **8000 Terracotta Warrior army** at excavation pit museum. Afternoon visit to **Banpo Neolithic Museum**. Tonight's dinner is a delicious dumpling banquet, followed by the acclaimed **Tang Dynasty Theatre Performance**.

Day 7: 14 Apr Xian → Lhasa Meal: B/D
Fly **MU2335 1135/1440** to **Lhasa**. A relaxing coach ride alongside the great Tibetan river, and through scenic countryside before arriving at Lhasa, capital of Tibet. The rest of the day is free time or resting at 4* Lhasa Brahmaputra Hotel.

Day 8: 15 Apr Lhasa Meal: B/L/D
Visit **Sera Monastery**, with 10,000 golden Buddha statues, Then onto Tibet Museum and **Norbu Lingka**, the summer palace for Dalai Lama.

Day 9: 16 Apr Lhasa Meal: B/L/D
Explore the great **Potala Palace**, winter palace and admin centre of the Dalai Lama since the 7th century. Later visit **Jokhang Temple**, the spiritual centre of Tibet, and **Barkhor Street**, the old traditional shopping street for Tibetan culture.



Day 10: 17 Apr Lhasa ✈ Beijing Meal: B/L

Morning is free time. After lunch, coach to the airport for the flight CA4111 1555/2130 to Beijing via Chengdu, upon arrival in Beijing, transfer to Jianguo Garden Hotel 5* for 3 nights.

Day 11: 18 Apr Beijing Meal: B/L/D

Visit *Tiananmen Square*, largest City Square in the world. Then enter *Forbidden City*, the massive complex centre of the Ming and Qing dynasties. With 10,000 rooms, this is the largest palace in the world. After lunch, tour the beautiful *Temple of Heaven*, an imperial Ming Temple where Emperors performed annual rites. Next take trishaw ride to visit the *Hutongs*, and experience the life of the local people

Day 12: 19 Apr Beijing Meal: B/L/SD

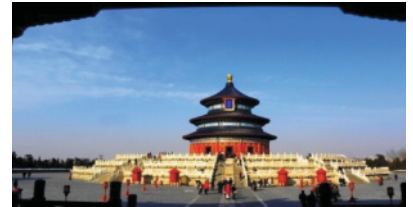
Visit the *Great Wall of China*, one of the Seven Wonders of the World. We lunch and practise Tai Chi on the Great Wall. Then free time to explore the wall. Next visit the *Summer Palace*, the imperial palace gardens, with the "Marble Boat" and the ornately painted "Long Corridor". Then visit the Bird's Nest and Water Cube of the 2008 Beijing Olympic. Tonight we feast on the famous *Beijing Duck Banquet*.

Day 13: 20 Apr Beijing ✈ Guangzhou ✈ Sydney Meal: B

Free on your own, afternoon transfer to the airport for the flight CZ3104 1530/1845 to Guangzhou, then connect the international flight CZ325 departing at 2105 to return to Australia.

Day 14: 21 Apr Sydney

Arrive in **Sydney** in the morning at 0830.



Dear Grandmaster Gary and Wendy,

We would like to send heaps of thanks for a most enjoyable 2 weeks in China. We three agree that the organisation of our time was excellent...so many planes to catch, so many buses involved here, there and everywhere and yet to us it all seemed to go like clockwork. We had lots of variety of both scenery and active and passive activities. The group was truly a lovely lot of folk who all not only got on well together but followed each other all over the place pretty well tool!!! It was most memorable doing Tai Chi on Wudang Mountain with you Gary and your Tai Chi colleague. Opportunities like that are not everyday ones! Oliver (we love him, we love him and where he goes we'll follow!!!!....) Cindy and Sue were really great tour guides, Grant had a harder job as weariness was beginning to set in!! Ros wants to especially thank Wendy for her care of her at Guangzhou airport...much appreciated Wendy and Erica was very glad you were there for support too!! Sue and Erica although new to Tai Chi did not feel out of place at all and are pretty impressed with both the calibre of its devotees and all of its many benefits. Thanks to you both too for your friendliness and companionship throughout our journeys. We look back now and think "how did we do it all?"but we did, the photos prove it and it was a fabulous time. Thanks again "darling, darlings"will we ever forget that tune?!! Warm and best regards to you both. Ros Tinker, Erica Reading, Sue Owen.



For Further Information,
Please contact

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Map of China

